

AFRICAN AMERICAN COMMUNITY

Protect Yourself and Others from COVID-19

Studies show that the Black community is at higher risk for serious illness and death from COVID-19.



Why is COVID-19 more deadly for African Americans compared to others?

COVID-19 is highlighting a history of unequal access to healthy environments which can make it harder to prevent and control health problems like high blood pressure, asthma, heart disease, and diabetes. People with these health problems, cancer, or uncontrolled HIV, are at greater risk of serious illness and death if they get COVID-19.

What can I do to protect myself and my community from COVID-19?



- Stay home, except for essential activities.
- Stay at least 6 feet away from others when you are out.
- Wear cloth face coverings around others.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often.
- If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

What should I do if I have symptoms of COVID-19?



If you are having difficulty breathing or keeping fluids down, go to an emergency room or [call 911](#). Older adults, pregnant women, and those with underlying health problems (such as diabetes, high blood pressure, lung, kidney or heart disease, or HIV) should call their health care provider early if they have symptoms. It's best to get tested through a health-care provider. If you don't have one, [call 2-1-1](#). There are also free mobile testing sites for people with symptoms throughout the County. Visit <https://covid19.lacounty.gov/testing> for more information.

What is Public Health doing to address the impact on the African American community?



We are working to decrease some of the barriers that make it difficult to stay healthy against COVID-19. For example, we're working with partners to:

- Increase the number of testing sites to make sure they're closer to communities that may need it most.
- Make sure medical care and support are available to those affected by COVID-19.
- Spread the word about COVID-19 and its unjust burden on African Americans. Share the latest information by following us on social media [@lapublichealth](#).